

## Claims

1. A topical anti-inflammatory composition comprising effective amounts of a linseed extract and a licorice extract.
- 5 2. The composition of claim 1 wherein the licorice extract is selected from the group consisting of glycyrrhiza, glycyrrhetic acid, glycyrrhizic acid, derivatives thereof, and combinations thereof.
- 10 3. The composition of claim 2 wherein the derivatives are selected from the group consisting of salts, esters, and a combination thereof.
4. The composition of claim 3 wherein the salts are selected from the group consisting of metal salts and ammonium salts.
- 15 5. The composition of claim 3 wherein the esters are selected from the group consisting of fatty acid esters, diacid half esters, and glycoside esters.
6. The composition of claim 5 wherein the fatty acid esters are selected from the group consisting of saturated fatty acid esters and unsaturated fatty acid esters.
- 20 7. The composition of claim 6 wherein the licorice extract is stearyl glycyrrhetinate.
- 25 8. The composition of claim 1 wherein the linseed extract comprises from about 0.00001 to about 10 percent by weight of the composition.
9. The composition of claim 1 wherein the linseed extract comprises from about 0.001 to about 6 percent by weight of the composition.
- 30 10. The composition of claim 1 wherein the linseed extract comprises about 4 percent by weight of the composition.

11. The composition of claim 1 wherein the licorice extract comprises from about 0.00001 to about 3 percent by weight of the composition.

12. The composition of claim 8 wherein the stearyl glycyrrhetinate comprises from about 0.0001 to about 2 percent by weight of the composition.

13. The composition of claim 8 wherein the stearyl glycyrrhetinate comprises about 0.1 percent by weight of the composition.

14. The composition of claim 1 further comprising at least one bioflavonoid.

15. A topical anti-inflammatory composition comprising from about 0.1 to about 5 percent by weight of a linseed extract and from about 0.001 to about 1.5 percent by weight of a licorice extract.

16. A method of reducing inflammation comprising applying topically to a site of inflammation an effective amount of a composition comprising a linseed extract and a licorice extract.

17. The method of claim 16 wherein the licorice extract is selected from the group consisting of glycyrrhiza, glycyrrhetic acid, glycyrrhizic acid, derivatives thereof, and combinations thereof.

18. The method of claim 17 wherein the licorice extract is stearyl glycyrrhetinate.

19. The method of claim 16 wherein the linseed extract comprises from about 0.00001 to about 10 percent by weight of the composition.

20. The method of claim 16 wherein the licorice extract comprises from about 0.00001 to about 3 percent by weight of the composition.